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First Lady Cheri Daniels Urges Women to Have a Heart to Heart Conversation
Heart Disease Number One Killer of Women

INDIANAPOLIS, IN- Heart disease, the number one killer of women, takes more lives each year than all forms of cancer combined. About *half* of all women will be affected by heart disease at some point in their lives. Despite these staggering statistics, few women realize that heart disease is their greatest threat.

In response First Lady Cheri Daniels is taking action. "Heart disease takes too many precious lives each year. It's up to us to tell the women we love about heart disease and encourage them to live heart healthy lifestyles," Daniels says.

Daniels is participating in heart healthy events, issuing several public service announcements, and creating a new website, www.hearttoheart.in.gov to incite women to take a "Heart to Heart" pledge. Daniels continues, "I'm calling the pledge Heart to Heart because I want women to begin having Heart to Heart conversations with each other about heart disease. Let's all help remind the women we love to work out, eat right, and stop smoking. Let's ensure the women we love live healthier, longer lives."

Daniels lost her mother to heart disease, which brings this issue close to home. She states, "I have four daughters. I'm going to take great care of myself and lead by example. I want to be here for them for many years to come, and I want them to witness what living a heart healthy lifestyle means."

For more information about heart disease and First Lady Cheri Daniel's Heart to Heart pledge, visit www.hearttoheart.in.gov.